



Welcome to...

**The Army Substance Abuse Program
(ASAP) Counseling Center**



Mission

The ASAP's mission is to strengthen the overall fitness and effectiveness of the Army's total workforce and to enhance the combat readiness of its soldiers.

Objectives

- Increase individual fitness and overall unit readiness.
- Provide services, which are adequate and responsive to the needs of the total workforce and emphasize alcohol and other drug abuse deterrence, prevention, education, and treatment.
- Restore to duty those substance-impaired soldiers who have the potential for continued military service.
- Implement alcohol and other drug risk reduction and prevention strategies that respond to potential problems before they jeopardize readiness, productivity, and careers.
- Improve readiness by extending services to the total Army.



How Can I Tell if I Have a Problem with Drugs or Alcohol?

You may have a problem with drugs or alcohol, if:

- You can't predict whether or not you will use drugs or get drunk.
- You believe that in order to have fun you need to drink and/or use drugs.
- You turn to alcohol and/or drugs after a confrontation or argument, or to relieve uncomfortable feelings.
- You drink more or use more drugs to get the same effect that you got with smaller amounts.
- You drink and/or use drugs alone.
- You remember how last night began, but not how it ended, so you're worried you may have a problem.
- You have trouble at work or in school because of your drinking or drug use.
- You make promises to yourself or others that you'll stop getting drunk or using drugs.
- You feel alone, scared, miserable, and depressed.

If you have experienced any of the above problems, take heart, help is available.



How Can I Get Help?

While you or your co-worker or loved one may be hesitant to seek help, know that treatment programs offer evaluations; and organized and structured services with individual, group, and family therapy for people with alcohol and drug abuse problems. Research shows that when appropriate treatment is given, and when clients follow their prescribed program, *treatment can work*.

Contact the Army Substance Abuse Program Counseling Center
545-8362/6167
Building 324
(behind the Infantry Museum)



Referral Process

- Appointments may be scheduled by calling (706) 545-8362 or walking in to Building 324, 0800 – 1630 hours, Monday – Friday.
- Referrals are categorized as: self; commander, medical, investigation/apprehension, and other.
- An appointment for an evaluation will be scheduled within 5 working days.
- Commanders will be involved in the process from the request for an appointment through program termination.
- Commanders should request an appointment for an evaluation within 72 hours of being informed that one of their soldiers have been involved in an alcohol or drug related incident.
- Referrals from commanders should be made on the DA Form 8003, Army Substance Abuse Program (ASAP) Enrollment.
- Referrals from medical activities should be made through the Electronic Consultation System to REHAB and or on DD Form 2161, Referral for Civilian Medical Care.



Evaluation and Treatment Processes

- Each individual will undergo a biopsychosocial interview or assessment.
- A diagnostic impression will be made as a result of the assessment.
- The counselor will recommend one of the following: a. No further action; b. extended evaluation for 30-60 days; c. the 16-hour, Alcohol and Drug Abuse Prevention Training; or d. Outpatient Treatment.
- Outpatient Treatment will last between 30 -360 days, and will consist of the following activities: a. Participation in the 7-hour patient education and family education series; b. Completion of a physical examination; c. Participation in the Diagnostic Evaluation by the program's supporting psychiatrist; d. Attendance at weekly individual and or group counseling sessions; e. Participation in a Rehabilitation Team Meeting with the unit's leadership; f. Attendance at Alcoholic Anonymous or other 12-Step Meetings; g. Participation in the urinalysis program; and h. Involvement with other services as appropriate.
- Spouses are urged to participate in the evaluation and treatment processes.
- Participants are expected to achieve and sustain abstinence from all non-prescribed substances throughout their involvement with the ASAP.

Rehabilitation Flowchart

